



## AFTERSCHOOL PROGRAMS: Fun Physical Activity



**Name of Activity:** Kick-Kick

**Grade Level:** K-2

**Equipment**

- 1 ball per 2 students

**Skill Themes**

- Dribbling
- Kicking
- Passing
- Trapping

**Movement Concepts**

- Effort (time, force)
- Relationships (with people)

**Organization:**

- Students are in pairs, scattered in an area (not blacktop) 10-15 feet apart from each other. Each pair has a ball.

**Description**

- On signal, pairs kick (pass) the ball back and forth to each other. On receiving a pass, a trap should be made with the foot before passing it back.
- On stop signal, the receiver traps the ball and stops it.
- Students make stops often to ensure control, but quickly resume play.
  - Challenges
    - How many passes can you & your partner make in 1 minute?
    - How quickly can you make 10 passes?
    - How many times out of ten

**Teaching Suggestions**

- "Trap the ball with your foot to stop it before passing it back."
- "Pass the ball using different parts of your foot and different feet each time"

**Now Try This**

- The student must dribble the ball before passing.
- Give the class a goal of running around the perimeter of activity area, while passing back and forth.



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**ShapingNJ**, The State Partnership for Nutrition, Physical Activity and Obesity Prevention

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